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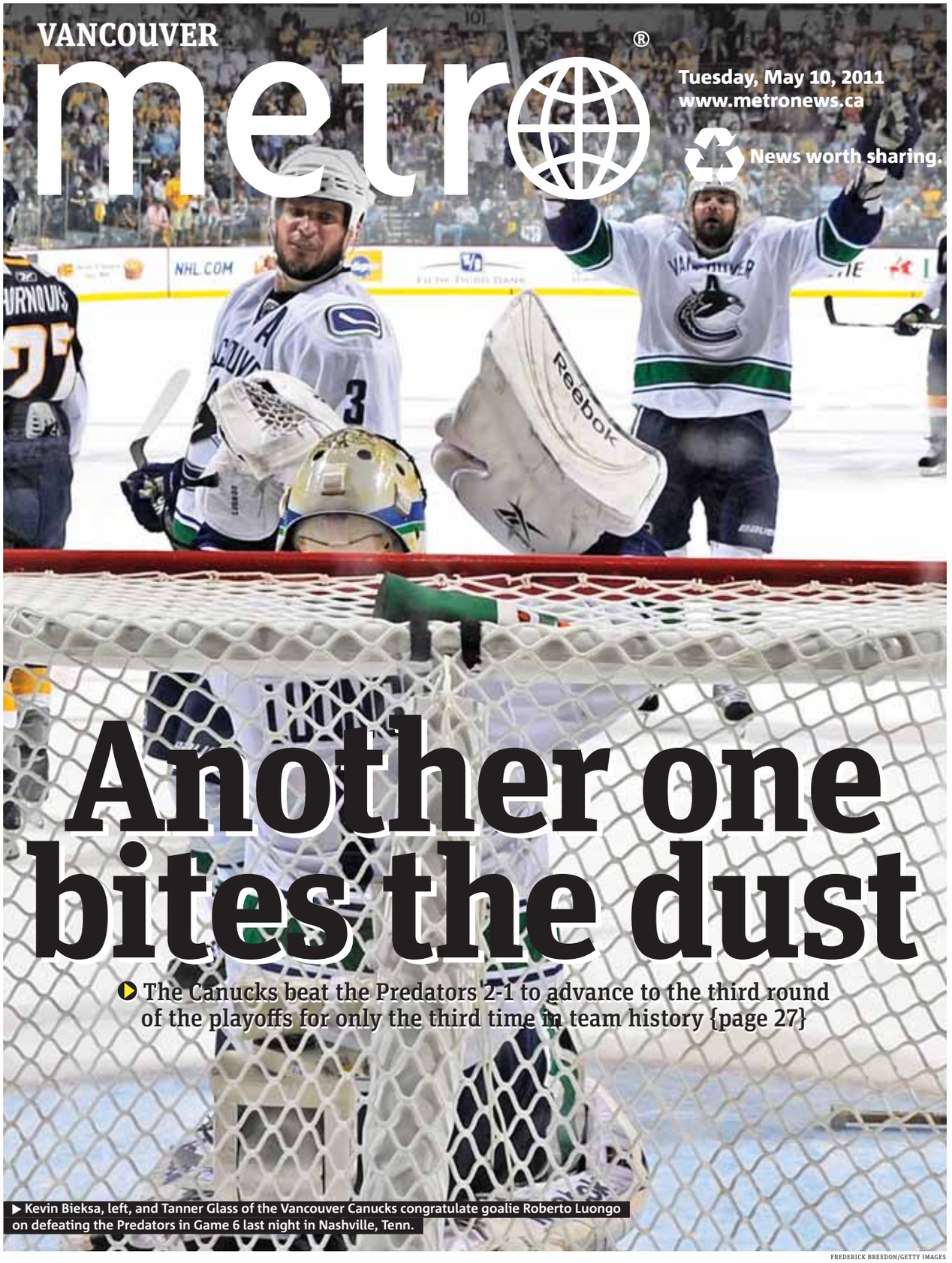
News worth sharing.



Another one bites the dust

The Canucks beat the Predators 2-1 to advance to the third round of the playoffs for only the third time in team history {page 27}

▶ Kevin Bieksa, left, and Tanner Glass of the Vancouver Canucks congratulate goalie Roberto Luongo on defeating the Predators in Game 6 last night in Nashville, Tenn.

FREDERICK BREEDON/GETTY IMAGES

BABY TALK
DON'T GIVE THIS BRIDESMAID YOUR TWO CENTS
{page 13}

NO THANKS
PIPPA SNUBS PORN OFFER
{page 14}

LUNCH RUSH
A FRENCH TAKE ON JAPANESE {page 17}

Local

Rarin' to go

Clark pulls no punches ahead of byelection {page 3}

Mid-air etiquette

10 rules to help you and your fellow travellers thrive and survive {page 10}

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All prices are based on Manufacturer's Suggested Retail Price. **Or Cash Purchase an all-new 2011 Fiesta S Sedan/Fusion S for $14,449/$18,999 after Total Manufacturer Rebate of $0/$1,500 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,450/$1,550 but exclude variable charges of license, fuel fill, dealer charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ***Or Cash Purchase an all-new 2012 Focus starting from $17,549 after Total Manufacturer Rebate of $0 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable charges of license, fuel fill, dealer charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^Based on 2011 Ford Motor Company of Canada vehicles. Total of 5 Best-in-Class models: Fiesta (Subcompact Cars), Focus (Compact Cars), Fusion (Mid-size Cars), Taurus (Large Cars), Escape Hybrid (Small Utility), F-Series Full Size Pick Up Trucks (Full Size F-150 and Super Duty) and Transit Connect (Full Size Bus/Van). Classes per R.L. Polk Canada, Inc. (Canada). Fuel ratings (excluding Super Duty) are based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading, vehicle equipment and driving habits. ‡‡Class is Subcompact Cars. Estimated fuel consumption ratings for the 2011 Fiesta 1.6L I-4 Automatic 5-SFE Package: 6.8L/100km city and 4.9L/100km hwy based on Transport Canada approved test methods. Comparison data is based on Natural Resources Canada's (NRCan) Subcompact Cars and R-Pick 1/2-Car (excluding Diesel) classifieds. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. Models shown: 2011 Fiesta SE and S Sedan 1.6L I-4 engine with 5-speed Manual transmission): 7.1L/100km (40 MPG) City, 5.3L/100km (53 MPG) Hwy. #Estimated fuel consumption ratings for the 2012 Focus SE Sedan Duratec 2.0L I-4 engine (6-i4 Manual) models for a maximum of [36]/[60] months to qualified retail customers, on approved credit (O&C) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $30,000 purchase financed at 0% APR for [36]/[60] months, monthly payment is [$833.33]/[$500.00], cost of borrowing is $0 or APR of 0% and total to be repaid is $30,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. †Receive $500/$1,000/$1,500/$2,000 ($3,000/$3,500/$4,000/$4,500/$5,500/$6,000/$6,500/$7,000 in Manufacturer Rebates with the purchase or lease of a new 2011 Focus S, Fiesta S, Escape I-4 Manual/Mustang 2DR Coupe V6 Value Leader, Taurus SE, E-Series, F-150 Regular Cab XL 4X2, F-350 Chassis Cabs, F-450, F-550/Fusion S, Ranger Super Cab XL and Regular Cab/ Transit Connect (excluding electric), 2012 Mustang V6 Premium Convertible, Mustang GT500, Mustang Boss 302 & Medium Truck) (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory-ordered from your participating Ford/ Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible vehicle sales per Costco Membership Number. Offer is not transferable and cannot be applied towards any previously ordered vehicle. Some conditions may apply. See your dealer for complete details. Offer may not be available in Quebec. ††Manufacturer Rebates up to $4,000 (Fiesta S Sedan/Fusion S: $1,500; Fiesta SE Sedan/Fusion SE: $2,000; Focus S: $3,000; Focus SE: $3,500; Focus SE Sedan/Fusion SE: $4,000; Escape I-4 Manual/Mustang 2DR Coupe V6 Value Leader: $4,500; Taurus SE: $5,000; E-Series, F-150 Regular Cab XL 4X2, F-350 Chassis Cabs, F-450, F-550/Fusion S, Ranger Super Cab XL and Regular Cab/ Transit Connect (excluding electric): $6,000; Mustang V6 Premium Convertible: $6,500; Mustang GT500: $7,000; Mustang Boss 302 & Medium Truck: $2,000) are deducted from your participating Ford/ Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible vehicle sales per Costco Membership Number. Offer is not transferable and cannot be applied towards any previously ordered vehicle. Some conditions may apply. See your dealer for complete details. Offer may not be available in Quebec. ‡$1000 Costco Incentive: Eligible Costco members receive an additional $1000 Costco Incentive on the purchase or lease of a new 2011/2012 Ford/Lincoln vehicle (excluding Fiesta, Focus, Ranger, Raptor, GT500, Mustang Boss 302 & Medium Truck) (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory-ordered from your participating Ford/ Lincoln dealer within the Offer Period. 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Taxes payable on full amount of purchase price after any price adjustment is deducted. Offer includes freight and air tax of $1,550 but excludes variable charges of license, fuel fill charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. ^^Cash Purchase a new 2011 Fiesta S Sedan/Fusion S for $14,449/$18,999 after Total Manufacturer Rebate of $0/$1,500 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,450/$1,550 but exclude variable charges of license, fuel fill, dealer charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. **Or Cash Purchase an all-new 2012 Focus starting from $17,549 after Total Manufacturer Rebate of $0 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable charges of license, fuel fill, dealer charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ***Or Cash Purchase an all-new 2011 Fusion S for $18,999 after Total Manufacturer Rebate of $1,500 deducted. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable charges of license, fuel fill, dealer charge, insurance, registration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ‡‡Class is Subcompact Cars. Estimated fuel consumption ratings for the 2011 Fiesta 1.6L I-4 Automatic 5-SFE Package: 6.8L/100km city and 4.9L/100km hwy based on Transport Canada approved test methods. Comparison data is based on Natural Resources Canada's (NRCan) Subcompact Cars and R-Pick 1/2-Car (excluding Diesel) classifieds. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. Models shown: 2011 Fiesta SE and S Sedan 1.6L I-4 engine with 5-speed Manual transmission): 7.1L/100km (40 MPG) City, 5.3L/100km (53 MPG) Hwy. #Estimated fuel consumption ratings for the 2012 Focus SE Sedan Duratec 2.0L I-4 engine (6-i4 Manual) models for a maximum of [36]/[60] months to qualified retail customers, on approved credit (O&C) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $30,000 purchase financed at 0% APR for [36]/[60] months, monthly payment is [$833.33]/[$500.00], cost of borrowing is $0 or APR of 0% and total to be repaid is $30,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. 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See dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2011 Ford Motor Company of Canada, Limited. All rights reserved. Fuel offers are based on retail sales of 2011 Ford Motor Company of Canada vehicles. Total of 5 Best-in-Class models: Fiesta (Subcompact Cars), Focus (Compact Cars), Fusion (Mid-size Cars), Taurus (Large Cars), Escape Hybrid (Small Utility), F-Series Full Size Pick Up Trucks (Full Size F-150 and Super Duty) and Transit Connect (Full Size Bus/Van). Classes per R.L. Polk Canada, Inc. (Canada). Fuel ratings (excluding Super Duty) are based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading, vehicle equipment and driving habits

MATT KIELTYKA/METRO

▶ B.C. Premier Christy Clark works the phones alongside volunteers in her Vancouver-Point Grey campaign office yesterday, drumming up support ahead of tomorrow's byelection.

Clark getting primed for battle

Premier equal parts nervous and excited for tomorrow's byelection ◐ Clark unapologetic painting NDP candidate as a 'fringe' politician

MATT KIELTYKA
@METRONEWS.CA

A bullish premier insists she's the best fit for Vancouver-Point Grey as the community prepares to go to the polls tomorrow.

Christy Clark pulled no punches in recent days, attacking challenger David Eby for his "fringe" left-wing stances on polygamy, censorship and drug prohibition in a byelection campaign that the NDP says has turned "personal."

"I think his views are worth hearing in a democratic society, that's what it's all about. Anybody — whether they're on the fringe or in the centre — is worth hearing," Clark said while working out of her busy 4th Avenue campaign office yesterday. "But I don't think those views represent this community."

Her agenda of "keeping the economy going, creating jobs and using the revenues from that to look after people" is what really resonates with constituents, she said.

"My core values are consistent with many of the people in Vancouver-Point Grey," she asserted. "That's what this byelection is all about. Whose views will best fit with the community of Point Grey, UBC and Kitsilano?"

Eby has been unable to challenge Clark's assertions directly since she has turned down multiple opportunities to debate with him.

The strategy has led to plenty of criticism hurled in the direction of the unelected premier. But the born-again politician and former radio host believes she's connected with more voters than Eby.

"In one night, I spoke to 2,000 people on our electronic town hall ... a couple of hundred came to my live town hall. Those are just two examples," Clark said, brushing aside the notion that being premier has kept her away from the riding. "I have talked to a lot more people in this riding than probably he has, even though he's been going 24-7 as a candidate."

And though she may publicly dismiss Eby's claim to Vancouver-Point Grey, it doesn't mean Clark is breathing easy just yet.

"I'm excited, I'm nervous, I'm exhausted. I'm all those things that a candidate should be two days before you get to election day."

Woman kept journal while stranded

A Penticton woman who spent seven weeks stranded in the Nevada wilderness wrote a series of notes during her ordeal, including one that speculates her husband died after going out to seek help.

Rita Chretien began writing the notes after she and her husband Albert got lost and their van became stuck on a backcountry road. THE CANADIAN PRESS

Nuns leave after 80 years

A group of nuns who help Vancouver's most needy residents say it's time for a new generation to step up. Members of the Franciscan Sisters of the Atonement will vacate their Downtown Eastside convent after 80 years. THE CANADIAN PRESS

Man charged after dog poop thrown at house

A union researcher has been charged with threatening New Democrat MLA Jenny Kwan and her family. The charges against Kimberly Burton Pollock involve incidents last December and last month, including one in which dog poop was thrown at Kwan's home in Vancouver. A special prosecutor approved the charges after reviewing the results of an investigation by the Vancouver police. THE CANADIAN PRESS

1 news

Egypt faces the growing power of Islamic hardliners amid post-Mubarak rioting. Scan code for story.

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Despite threats, hundreds of Afghan children file off to school for their first days of formal education. Video at metronews.ca

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Gearing up for Culture Days

Cross-Canada celebration encourages people to take part in arts, culture

PHYLICIA TORREVILLAS/FOR METRO

▶ Theatrical group Maria In The Shower perform at the second-annual Culture Days launch at the Roundhouse Community Centre yesterday.

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

A cross-Canada celebration designed to encourage public participation in arts and culture is coming to Vancouver this fall, organizers said yesterday as they unveiled plans for the second-annual Culture Days.

"What we wanted to do when we first thought about (Culture Days) ... was try to better connect Canadians and Canadian artists," said Antoni Cimolino, chair of Culture Days' national steering committee.

"And maybe in the process we'd find out ... that there's a bit of an artist in all of us ... But the reason more than any other we wanted to do this was because we suspected it might be fun. And it was fun."

The event promises to further celebrate the diverse artistic and cultural talent in Canadian communities, Cimolino added.

Last year's inaugural Culture Days saw more than 4,500 free hands-on, interactive events in more than 700 Canadian cities. This year, the event already has more than 300 activity organizers in 122 cities and towns already pre-registered.

"Culture Days is to me an effort to start to scream at the top of our metaphorical and literal lungs, 'This is an artistic country,'" said Jian Ghomeshi, radio host and event emcee.

Culture Days will run Sept. 30, Oct. 1 and 2.

B.C. nurses fight to save Insite

PHYLICIA TORREVILLAS/FOR METRO

▶ Janice Buchanan

B.C. nurses are taking their fight to Canada's Supreme Court to save Insite from the federal government's continuing legal efforts to shut it down.

"It is simply disgraceful that the federal government continues to try and outlaw this legitimate health-care service and in the process attempt to make criminals of the nurses who are saving lives and providing care to this vulnerable population," said Janice Buchanan, vice-president of the B.C. Nurses' Union.

Two B.C. court rulings have kept the supervised injection site running, but the federal government has appealed the decisions to the country's top court.

Nurses were granted intervener status in support of the Portland Hotel Society during the case beginning Thursday in Ottawa.

Tim Gauthier, clinical care co-ordinator at Insite, said people can expect a downward spiral if Insite closes.

"People are going to die. People are still going to be using drugs whether Insite's there or not. They're just going to be using behind dumpsters, in the alleys, in their hotel rooms ... and that equals dead people." PHYLICIA TORREVILLAS

PROVINCE TO PAY FOR PATCHES

Quit smoking for free

Smokers looking for help kicking their habit are getting an encouraging pat on the back from the provincial government.

Premier Christy Clark announced yesterday that nicotine replacement therapies — such as patches and gum — will be made available to all British Columbians for free, starting Sept. 30.

"For me, it was a 17-year habit that I finally kicked. (Quitting) was a very, very tough challenge," said Clark, who said she began smoking as a teenager.

Clark said anyone in the province who wants to quit will be able to get a 12-week supply of patches and gum for free.

Prescription-based treatment will be fully covered through PharmaCare. MATT KIELTYKA

News in brief

Man charged in 2008 killing

BURNABY. A 22-year-old man has been charged in what police are calling a domestic-related killing in Burnaby more than three years ago. Steven Roy Laxon of Burnaby is accused of second-degree murder in the death of Jim Kutyla in March 2008. DNA and other evidence led to the arrest.
THE CANADIAN PRESS

Begging for toilet paper

B.C. PARKS SHORTAGES. Environment Minister Terry Lake is on the defensive over allegations that B.C. parks are so underfunded they sometimes run out of things like toilet paper for outhouses. The Wilderness Committee has released government documents showing park employees raising concerns about shortages of park rangers and basic supplies for everything from vehicles to bathrooms.
THE CANADIAN PRESS

Driver charged in liquor theft

FULLY LOADED. Delta police hope they have corked the case of a truck full of stolen liquor. Police say a 57-year-old man has been charged with theft of the trailer from a locked compound in Delta on April 6. The trailer was loaded with alcohol at the time and it's alleged the man, a contract driver, knew the contents. Although a charge has been laid, there's no sign of the booze. THE CANADIAN PRESS

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Hackers favour Canada: Report

About 80 per cent of cyber scams happen on compromised legitimate web servers, experts say ◗ Most hackers still prefer targeting U.S.

Canada is becoming a harbour for cybercrime as hackers move their operations away from servers in China and eastern Europe, according to a report from the U.S.-based security firm Websense.

There was a 319 per cent surge in the number of Canadian servers hosting phishing sites in the last 12 months, even as most countries saw their numbers decrease, suggests the report.

"That doesn't mean the bad guys are in Canada, it doesn't mean the affected users are in Canada, but it means the Canadian infrastructure is being used to attack against someone in the world."
PATRIK RUNALD, WEBSENSE'S SENIOR MANAGER OF SECURITY RESEARCH

Canada now finds itself second on the list of countries that host the most phishing sites, which attempt to trick users into handing over their personal information, passwords or banking data. The number of bot networks — large numbers of infected computers that can be controlled by hackers remotely and used for malicious purposes — also rose by 53 per cent in Canada in the last eight months.

Canada is sixth worst on Websense's overall list for hosting all types of cybercrime exploits, compared to 13th in a search last year.
THE CANADIAN PRESS

POSTHUMOUS POSTING

Dead man's blog draws millions

The last words of a B.C. blogger who battled cancer until last week are resonating with more than eight million people around the world.

Derek Miller's Last Post was published on his blog by a friend, one day after the 41-year-old father of two died from complications of colorectal cancer in Burnaby, B.C.

In it, Miller talks about his love for his family, his sadness at not being able to support them in the future and his lack of regrets in his life.

His wife, Airdrie, says the response has been overwhelming, but she takes comfort from the blog because it's like having a little bit of her husband back. She hopes the blog will live on as Miller's digital legacy.
THE CANADIAN PRESS

Check out the blog at penmachine.com

Adrenalin. Seekers

▶ An artist's rendition shows a proposed walkway near the top of the CN Tower in Toronto. As if the view from the top of the CN Tower isn't thrilling enough — people will soon be able to walk around the ledge outside. The famous landmark will be offering a new attraction this summer called EdgeWalk. The official launch date has not been announced.

THE CANADIAN PRESS HANDOUT

CN Tower boasts bucket list thrills

Soon visitors to the CN Tower will be able to walk along a 1.5-metre-wide ledge around the top of the tower's main pod, 356 metres above the ground. Wearing safety harnesses, guides will lead groups of between six and eight to breathtaking views of the city.

Manitoba flooding forces residents out

A precautionary evacuation affecting thousands of people has been ordered in Manitoba's second largest city as the flood-swollen Assiniboine River rises dangerously close to the top of the city's dikes.

The evacuation notice affects about 900 homes in a widespread area of Brandon known as The Flats.

Mayor Shari Decter Hirst says the evacuation is mandatory and that all persons affected have been asked to register with emergency authorities at the city's Keystone Centre. "It's time to go," she said yesterday. "We can't be waiting until the last minute. We've got to start moving people out."

City police went door-to-door several weeks ago to warn residents they may have to leave.

"The dike has not burst. There are no sirens, there is no panic," she said.
THE CANADIAN PRESS

Flood levels

- **The Assiniboine has** already passed the record level in Brandon set during the flood of 1923, and work continues to raise the dikes.
- **Provincial flood** forecasters have said that between 20 and 50 mm of rain is expected in southern Manitoba over the next few days.

Police kept discovery of missing girl's remains secret from family

For more than seven months, Montreal police knew they had the body of a girl who went missing in 1999 and avoided telling anyone — not even the girl's family.

Jolene Riendeau's body was found on Sept. 9, 2010, when a citizen's tip led police to a spot underneath a bridge in a heavily industrial sector on the southern tip of Montreal.

Montreal police Sgt. Ian Lafreniere says there were operational reasons for the decision.

"We kept a lot of information secret for ourselves because of the investigation," Lafreniere said.

Lafreniere says it took more than a month to establish that it was the 10-year-old girl who went missing all those years ago.

He says investigators decided to go public now, hoping that someone might have seen something unusual.

The girl's family finally visited the site where the body was discovered yesterday.

They laid flowers underneath a set of scaffolding, where construction workers were repairing parts of the Champlain Bridge.
THE CANADIAN PRESS

Ship carrying hundreds out of Libya sinks

Aid workers say a Somali woman lost 4-month-old baby in sinking Mother swam to shore for safety

An overcrowded ship carrying up to 600 people trying to flee Libya sank just outside the port of Tripoli, the UN refugee agency said yesterday, citing witness accounts.

Aid officials were still trying to confirm the fate of those people after the vessel broke apart Friday in the Mediterranean Sea off the coast of Libya, UNHCR spokeswoman Laura Boldrini said.

Witnesses who left the Libyan capital on another boat shortly afterward reported seeing remnants of the sunken ship and the bodies of some passengers floating in the sea, she told The Associated Press.

Other witnesses saw passengers swimming to shore but it was unclear how many survived, according to the International Organization for Migration.

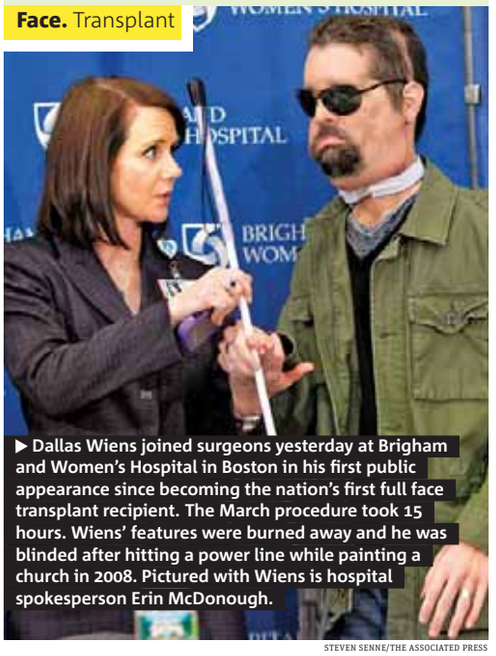
At least three other boats that left Libya in late March have disappeared, with hundreds feared dead, Boldrini said.

THE ASSOCIATED PRESS

Escape attempts

- **The number of people** fleeing North Africa has soared since mid-January, due to uprisings in Egypt and Libya.
- **Many fleeing are foreign** workers from sub-Suharan Africa, who were mistaken for mercenaries funded by Libyan leader Moammar Gadhafi and attacked by Libyan rebels in the first weeks of the war.

Face. Transplant



▶ Dallas Wiens joined surgeons yesterday at Brigham and Women's Hospital in Boston in his first public appearance since becoming the nation's first full face transplant recipient. The March procedure took 15 hours. Wiens' features were burned away and he was blinded after hitting a power line while painting a church in 2008. Pictured with Wiens is hospital spokesperson Erin McDonough.

STEVEN SENNE/THE ASSOCIATED PRESS

New hope for Texas man

The first thing Dallas Wiens' daughter said when she saw him was "Daddy, you're so handsome." The 25-year-old Texas man received a nose, lips, skin, muscle and nerves from an anonymous donor.

Pakistan anger grows over U.S. raid

Pakistan's prime minister defended his nation's military and intelligence services yesterday and said Pakistan was not solely to blame for the failure to detect Osama bin Laden's presence in a garrison town close to the capital.

Prime Minister Yousuf Raza Gilani, in his first address to parliament since the covert U.S. raid that killed the al-Qaida chief, lashed out at allegations Pakistan knew where bin Laden was hiding. He also warned the U.S. that any unilateral raids in the future would be met with "full force."

New signs were emerging of Pakistan's anger over the U.S. in sending Navy SEALs into the country from Afghanistan in helicopters with radar-evading technology.

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FEATURES Astoria and San Francisco. Sails from Vancouver to LA. Interior stateroom.

Canada 5-Night Cruise from USD $349 + taxes & fees USD $81
FEATURES St John and Halifax. Sails roundtrip New York. Interior stateroom.

Mediterranean
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FEATURES Koper, Ravenna, Bari, Dubrovnik and Venice (overnight). Sails roundtrip Venice. Interior stateroom.

South America
7-Night Cruise from USD $799 + taxes & fees USD $151
FEATURES Buzios, Cabo Frio, Ilhabela and Santos. Sails roundtrip Rio de Janeiro. Interior stateroom.

Alaska 7-Night Cruise from USD $849 + taxes & fees USD $129
FEATURES Inside Passage, Icy Strait Point, Hubbard Glacier, Juneau and Ketchikan. Sails roundtrip Vancouver. Interior stateroom.

Hawai'i 10-Night Cruise from USD $999 + taxes & fees USD $62
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Canadian Tire goes on offence

Megadeal with Forzani Group gives company entree to sports enthusiasts and mall rats across the nation

Canadian Tire, where legions of wannabe hockey stars have gone for their first stick or pair of skates, is embarking on a massive expansion of its sporting-goods reach with the $771-million acquisition of Forzani Group Ltd.

By buying Calgary-based Forzani's 500 stores, which include Sport Chek, Hockey Experts and Athletes World, the automotive and outdoor-goods retailer said yesterday it hopes to secure Canadian sports enthusiasts as lifelong customers.

"Parents buy kids their first bike at Canadian Tire, but as kids get older their tastes change," Canadian Tire president and CEO Stephen Wetmore said.

"By acquiring Forzani we gain access to a new set of customers — people that typically don't shop our stores extensively today for sporting goods."
STEPHEN WETMORE, CEO, CANADIAN TIRE

"Not only do they want more expensive bikes, they want all the apparel and gear that goes along with their cycling activities. That's where Forzani comes into play."

The acquisition will give the company a presence in the coveted 18-to-35-year-old demographic that often prefers storefronts in shopping malls over big-box stores.

Canadian Tire said the purchase will be completed using $500 million in cash and short-term financing, and has won the unanimous approval of Forzani's board. The company expects the transaction to close in the third quarter.

Canadian Tire employs more than 58,000 people with 485 stores across the country. Together, the merged companies will have about 1,000 retail locations selling a wide array of products from gardening tools and golf tees to winter tires.

THE CANADIAN PRESS

HANDOUT

▶ Interception: Canadian Tire CEO Stephen Wetmore, left, hopes the company's friendly takeover of Forzani Group will help it to woo the coveted younger demographic. Bob Sartor, Forzani's CEO, says the deal gives his company "access to the incredible assets that Canadian Tire has."

Facebook friends spread the news: Study

Facebook is influencing what news gets read online as people use the Internet's most popular hangout to share and recommend content.

That's one of the key findings of a study on the flow of traffic to the web's 25 largest news destinations. The study was released yesterday by the Pew Research Center's Project for Excellence in Journalism in Washington, D.C.

Facebook was responsible for three per cent of traffic to the 21 news sites that allowed data to be tracked, study co-author Amy Mitchell said. Five of the sites got six to eight per cent of their readers from Facebook.

The referrals typically came from links posted by friends on the Facebook site or from the ubiquitous "like" buttons.

The Facebook effect is small compared with Google's clout. Google Inc.'s dominant search engine supplies about 30 per cent of traffic to the top news sites, the Pew report says.

▶ They share fave raves and pet peeves, so it's no surprise that Facebook "friends" are sharing online news links.

But Facebook and other social-networking sharing tools, such as Addthis.com, are empowering people to rely on their online social circles to point out content. By contrast, Google uses an automated formula to help people find news.

Facebook is at the forefront of this shift because it has more than 500 million users worldwide, far more than any other Internet service built for socializing and sharing.

Meanwhile, major news sites are getting less than one per cent of their traffic from Twitter, even though it had about 175 million accounts last year.

The Drudge Report, a site started during the 1990s, is a far more significant traffic source for news sites than Twitter, the study says.

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Oil	Natural gas 1,000 cu ft
+ $5.37 US ($102.55 US)	$4.223 US (– 8.1¢ US)

Gold contracts $1,503.20 US (+ $11.60 US)

Economy creates more, better jobs

Canada has added 283,000 jobs over the past year, and the measure is now back to pre-recession levels, CIBC reports. The quality of those jobs has also improved by 2.7 per cent measured against CIBC's employment quality index.

More full-time jobs were created over part-time, and there has been a strong increase in paid employment rather than self-employment. But the biggest mover of the index, CIBC said, is that new high-paying jobs have outnumbered low-paying jobs by about three to one.

The sharp improvement has come about because many of the new jobs are in higher paying sectors, including manufacturing, finance, construction and the public service.

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SHE SAYS ...

JESSICA NAPIER
METRO

Last week I found myself in a terribly uncomfortable position. I was travelling cross-country on an overnight flight and somehow, in spite of all my diligent planning, I was assigned the dreaded middle seat. Wedged in between a rather rotund woman and Mr. Goes To The Bathroom Every 30 Minutes I thought to myself, why are in-flight safety videos mandatory while basic plane etiquette is rarely enforced?

And so, fellow travellers, if we're going to be stuck together we should probably set a few ground rules. Here is a list of 10 to get us started.

1 Quit throwing elbows. Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback.

2 Babies are going to cry. All of the eye-rolling in the world won't make a difference, so stop making new parents feel bad about it.

3 Don't lean all of your body weight on the headrest in front of you every time you get up. There is a person in that seat and they want to smack you.

4 Shower.

5 Bring a novel, a magazine, a puzzle book — anything that will keep you occupied. Do not depend on your seatmates to provide you with seven hours of entertainment. Refrain from reading over someone else's shoulder and don't you dare try to strike up a conversation against their will.

"Stop clumsily unfolding your newspaper or trying to use a clunky laptop on your miniature tray table and bruising my rib cage in the process. Buy an iPad or stick to a paperback."

6 When your knee is touching my knee it's awkward. Stop pretending you don't notice.

7 If you're in the emergency exit row, listen when the flight attendant explains how to assist the crew in an emergency. Sitting through a two-minute instructional speech is a small price to pay for all of that extra leg room.

8 Don't hog the armrest. People sitting in the aisle and window seats get the outside armrests and the person in the middle gets to use both inside ones to compensate for their unfortunate seat assignment.

9 Turn off your phone. For real. You're not fooling anyone by hiding your BlackBerry in your bag while you stealthily check messages.

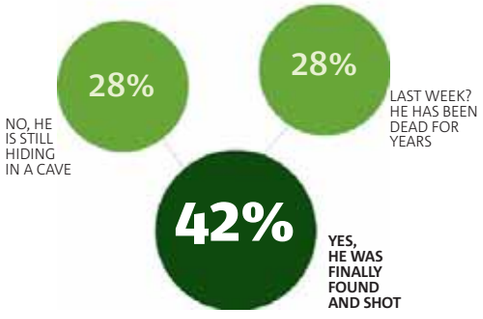
10 Just because there is alcohol available doesn't mean you need to get drunk. Nobody likes a belligerent jackass — especially at 30,000 feet.

Remember, the rules aren't just for everyone else — they're for you, too. An airplane is not your office or your bedroom (or, heaven forbid, your bathroom); it is a claustrophobia-inducing aircraft you must share with hundreds of strangers. Treat it as such.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Do you believe Osama bin Laden was killed by U.S. Navy Seals last week?



Local tweets

- **@Joey Holly:** Buy a paper sneaker at MarketPlace IGA on Robson in support of the @TELUS Walk to Cure Diabetes and get a free SunRype bar! #yvr
- **@globaldish:** Question: Why is it almost $400 to fly roundtrip from #YYC to #YVR? It's a one hour flight!
- **@DrMoiraStilwell:** It might be time to take out a missing person's ad for summer. I think it get lost on its way up from the equator. #YVR #Vancouver
- **@IslandRail:** Multi-use corridors should include space for cycling, walking, transit (rail or bus). #halifax #yyj #yvr
- **@PatrickTussie:** Anyone else planning on getting Queens of the Stone Age tickets this Friday? Show is July 29, 2011 Rogers Arena #yvr #yyj
- **@n8brophy:** It's impossible to stand on Granville without getting harassed for spare change. Is it getting worse? #yvr
- **@triadonaldson:** Enjoying a mojito at @Original_Joes one of my fav stops when I am in #yvr! Added cucumbers is a nice touch twitpic.com/4vdvwc

Worth mentioning

JAKARTA, INDONESIA. Video cameras captured 12 critically endangered Sumatran tigers, including mothers with their cubs, in Indonesian forests slated to be cut down, wildlife activists said yesterday.

One of the videos shows three young cubs playfully chasing a leaf. Another, triggered by an infrared sensor, recorded giant cats strolling across a clearing at night.

Sumatran tigers are on the brink of extinction because of the destruction of forests, poaching and clashes with humans.

Their numbers have dwindled to about 400 from 1,000 in the 1970s, according to the World Wildlife Fund, which set up the cameras in Riau and Jambi provinces three months ago.

Karmila Parakkasi, who heads the group's tiger research team on Sumatra island, said capturing a dozen cats in such a short period is astonishing. The cameras were set up in a corridor — not officially protected by the government — between the Bukit Tigapuluh National Park and Bukit Rimbang Baling Wildlife Sanctuary.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

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WEIRD NEWS

Time for the Justice League seniors' home

Superheroes never seem to age in comic books. In real life, though, there's a time when crime fighters must hang up their utility belts.

A 91-year-old New Zealand man says he has been forced to put his new career as a modern-day Batman on hold because he is not allowed to be out fighting crime alone at night, AFP News reports.

John Bray, a Second World War veteran, joined a local neighbourhood watch program, reporting any suspicious activity to police.

Like Batman, Bray began with a trusty sidekick, but decided to go solo when his Robin equivalent, a man in his late 80s, couldn't stay awake while on duty.

But the neighbourhood watch program has decided Bray can't work alone and he must find a new partner if he wants to continue to fight crime.

"I want to keep going so now I have to find a new partner," Bray told AFP, describing his crime-fighting role as a success, driving through the streets at night armed only with a spotlight and cellphone. ● METRO

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Maya doesn't need any baby advice

Comedienne reunites with SNL pal Wiig for Bridesmaids Rudolph pregnant with her third child, but is keeping busy on and off the set

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

Maya Rudolph isn't one for taking it easy. The comic actress sat down with Metro to discuss her new film, Bridesmaids, after shooting a new TV show pilot and attending the film's premiere the day before — all while very pregnant with her third child.

"I feel crazy today not getting enough sleep, because I'm gestating a human," she says, gesturing to her stomach. "Doesn't that sound weird? Gestating sounds like you're chewing and swallowing something. It sounds like digestion."

Despite her lack of sleep, Rudolph was more than happy to chat with Metro about the film, working with co-star and Saturday Night Live pal Kristen Wiig and the obnoxious questions pregnant women get.

How was it teaming up with Kristen Wiig again?
It's very easy to work with her, and I happen to like her a lot, which makes it even more pleasant. You know, we've experienced a lot together just from working at SNL. It's like being in the trenches together — like being in the comedy army. You really do end up spending a lot of time at the offices and at the studio, and far more time together than with your loved ones sometimes.

What sort of comedy do you gravitate toward in picking projects?
I like comedy that is based in reality, or the gentle awkwardness of situations that can lend itself to being very funny. Away We Go had that as well. The first draft of it was definitely a tongue-in-cheek look at becoming a parent and having a lot to say about it. It was really cathartic because I had just gone through it myself for the first time, and it was just like, "Yeah! That's right! People say stupid stuff to you all the time!"

Are you still getting stupid questions with this pregnancy?
I've been getting very interesting ones. I always carry big old babies. I'm always big when I'm pregnant. It's not how I want to look when I'm pregnant, it's just how I look. But I always get women that are really sure of themselves, like, "You're carrying low. You're having a boy. And it's going to go real early. It's your first baby, right?" And I'm like, "It's my third." Everyone's an expert. The unsolicited advice never ends when you're pregnant.

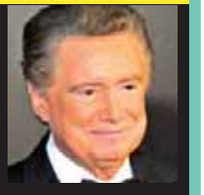
▶ Maya Rudolph stars in Bridesmaids, which opens in theatres on Friday.

Have you ever had a wedding experience as crazy as the one in the movie?
Nothing like this, oh God no. And I haven't been a bridesmaid that much. I feel like a lot of my friends got married when I was working on SNL, and a lot of people get married on Saturdays.

What do you get recognized for the most?
These days it's usually Whitney, maybe a little Oprah peppered in. They still say Donatella, but I'm like, "Wow, that's a really old reference." But it's really flattering that they remember an old reference. And then every once in a while I get a nice Bronx Beat reference, which I love. I love being able to be known for an original character and not just an impression. But I'll take whatever I can get.

2 scene

Scene in brief



Regis Philbin is ready for a new chapter. The retiring star of Live! With Regis and Kelly has a memoir coming this fall, It Books announced yesterday. Philbin, 79, will reflect on his decades-long television career. The memoir is currently untitled.
THE ASSOCIATED PRESS

New Mark Burnett reality series, Hiccups, Dan for Mayor among CTV's summer lineup

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Bieber is a 'brat,' says CSI star

651481

CSI's Marg Helgenberger has some rather unkind things to say about her show's recent guest star, Justin Bieber. "I shouldn't be saying this, but he was kind of a brat," she admits in a French radio interview, according to Radar Online.

"He was very nice to me, but he locked one of the producers in a closet and he put his fist through a cake that was on the cast's table."

METRO

Justin Bieber

Cheeky little lies told by Pattinson

Twilight star convinced people he knew the Royals

Robert Pattinson admits that he used to pretend he knew Prince William while waiting for his big break in Hollywood. "When I first came to L.A., it was very easy to convince people I was a member of the royal family," Pattinson says in a recent interview. "I hadn't worked for three years — I was unemployed in London — and when people asked what I'd been doing, I told people I went to (the Royal Academy of Dramatic Art) with Prince William."

And the Twilight star was surprised how readily Americans bought his line. "People would think, 'You're English, I completely believe you!'" he says.

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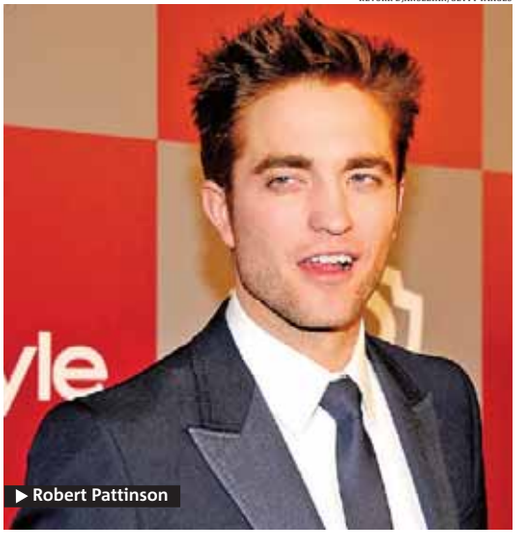
Robert Pattinson

Celebrity tweets

Is it bad to go to McDonalds after the gym?

@chrisrock

@EllenPage

Dear lovely people having a jam session, your passion is infectious but I would love to hear my own thoughts

@Joan_Rivers

In a very controversial move, the White House has decided to release photographs proving the death of Paris Hilton's career.

@BillyCrystal

If we didn't evolve opposable thumbs, would we still be able to text?

No porn for Pippa

After making a splash at her sister's wedding to Prince William, Pippa Middleton is now very much in demand.

In fact, adult film company Vivid Entertainment has offered the head lady in waiting $5 million to shoot a single scene in one of their productions, according to TMZ. The company also offered $1 million for an appearance by Pippa's brother, James Middleton. The Middletons understandably have not responded.

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Pippa Middleton

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ISTOCK PHOTOS

▶ Nuts can give you that feeling of fullness and help prevent overeating.

You could go nuts trying to lose weight

Harvard newsletter reports eating nuts twice a week may help people avoid weight gain

CELIA MILNE
LIFE@METRONEWS.CA

Eating nuts around breakfast time may help curb your appetite later in the day.

And, nuts are loaded with all kinds of good stuff: protein, fibre, antioxidants, unsaturated fat, magnesium, and potassium.

"Nuts are nutrition super stars," says Kim Arrey, a dietitian and nutrition coach at PsySante Holistic Health Clinic in Montreal.

"They are nutrient dense, and better yet, they contain many of the nutrients that most Canadians are having a hard time getting enough of in their diets."

While nuts are certainly high in fat (and should be eaten in small amounts), they supply heart-healthy monounsaturated and polyunsaturated fats as well as cholesterol-lowering plant sterols.

They are great sources of antioxidants, with walnuts getting the highest grade.

A Harvard Medical School newsletter reports that eating nuts at least twice a week helps people avoid weight gain.

For instance, walnuts eaten at breakfast gave people a feeling of fullness that kept them from overeating at lunch.

3 life

Add nuts

How to add nuts to a few meals. Breakfast: Add nuts to your cereal, or to a smoothie. Lunch: Sprinkle some nuts on salads for added crunch.

CELIA MILNE

Aneurysms rare, but researchers search for what might trigger rupture

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John Tsagaris and his beauty acupuncture technique works for many

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GETTY IMAGES

▶ This technique really gets to the point.

Some would see spending 20 minutes with 60 or so needles embedded in your face as self harm — not self-healing. Yet your skin is a living organ and gives a clear projection of what is going on inside. Inserting acupuncture needles in the face stimulates collagen production and activates the facial muscles, making your skin look younger and plumper.

The wisdom of Chinese medicine is to use and optimize the resources of the human body and allowing it to do the job.

"Facial acupuncture works from within as it accelerates the anti-inflammatory activity and removes accumulative toxins from the skin," explains facial guru John Tsagaris. "By using a half-inch prick thin needle on the face (up to 180) and penetrating all layers of the skin, we are releasing huge chemical reactions and ultimately changing the skin's architecture, addressing the loss of facial volume and preventing the formation of wrinkles and fine lines."

"If you go lifting weights in the gym, the next day you will be in pain as what you have torn and broken muscle fibres" continues Tsagaris. "The body is designed to prevent further injury by self-improving itself so after a day or two, the broken fibres will be replaced by bulkier ones as your body prevents further injury by self improving itself."

With acupuncture, the needles going into the face trigger the skin to go into healing mode. Inserting them breaks down old, dry and dehydrated collagen fibres and the skin responds by sending tremendous amounts of anti inflammatory agents, oxygen, red and white blood cells to cope with the injury.

On a mechanical level, acupuncture reconstructs the fibre network of the skin and enables the broken fibres to be replaces with plumper ones to protect from injury. It also boosts the production of collagen to tighten and smooth the skin, creating a firm and radiant complexion and enhancing skin tone.

This week's yoga pose. Garland Pose/Malasana

What you do

1. Squat with your feet as close together as possible.
2. Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
3. While you keep your feet flat, keep your body weight on your toes as much as possible without falling over.
4. Press your elbows against your inner knees, bringing your palms together and resist the knees into the elbows. This will help lengthen your front torso and better improve your balance.
5. To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.
6. Hold the position for 30 seconds to one minute, then inhale, straighten the knees, and stand up again.
7. People with bad knee injuries should avoid this posture and seek out different yoga poses.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

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Hapa Umi serves up ocean-wise Japanese dishes with a French twist

LUNCH RUSH

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In 150 words, describing the pictured abundance of colourful Bento Box items to your right is nearly as difficult as it was to resist eating the entire lunch myself (I was sharing).

▶ Daily bento box

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Rating: 3.5 out of 5

The Hapa Izakaya Group's new, upscale concept – Hapa Umi – offers Japanese cuisine with a twist, brought to you by Classically French trained chef, Tomoki Yamasaki. Many menu items, like the Mentaiko Carbonara, the Tonkatsu Caesar, and the Fish Tacos, are true 'hapas' – meaning 'of mixed Asian heritage'.

My lunch box's crunchy halibut tempura with mild tartar sauce – the one alternating item of the bunch – also took after a classic: fish and chips.

Mainstays of the entrée ($19) included soy marinated eggplant, a candy-like roasted tomato, fresh tuna sashimi, wild salmon maki, and two satisfying bits of semisweet tamago.

The highlight was a Veggie Summer Roll (bottom left) with rice paper, soft spring vegetables, creamy avocado, and sweet peanut-flavoured sauce – a melt-in-your-mouth kind of morsel.

THE CANADIAN PRESS/ HO

Chipotle apricot cream cheese spread

Here is a quick appetizer to make when guests show up with a moment's notice. Simple ingredients to keep in your pantry!

Ingredients:

- 1 tub (8 oz/250 g) cream cheese spread
- 1/2 cup (1254 mL) apricot jam
- 1 can of chipotle pepper in adobo sauce, finely chopped
- 2 tbsp (30 mL) water
- 1 green onion, finely chopped
- Crackers

Preparation:

1. Spread cream cheese spread onto bottom of small pie plate.
2. In saucepan, cook jam, pepper and water on medium-low heat for 5 minutes or until jam is melted, stirring occasionally.
3. Stir in onion; spread over cream cheese.

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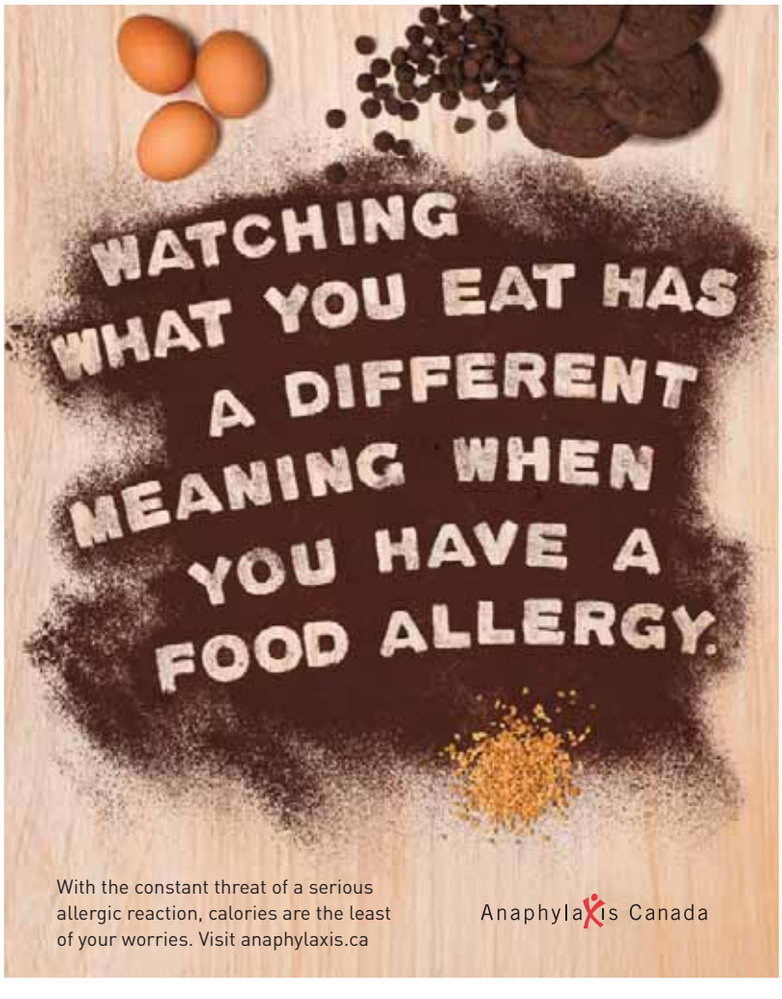
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LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week, four people sent me Financial Planner Kurt Rosentreter's article entitled Canadian 30 Year Olds are Screwed.

I agree that the 30-something crowd make the biggest financial decisions of their life all within a few short years: education, career, marriage, home buying, children and much more. The financial stakes are high, and without help, this group seems to make poor financial choices, which will result in a lifetime of debt and limited net worth when retirement knocks. But, I don't think 30-somethings are screwed. Perhaps challenged; but certainly not hopeless.

To get this group back on track, 30-somethings need to get 10 times more financially savvy and start playing bottom line "catch up."

Good money management doesn't mean keeping up with the Jones's, fancy cars and monstrous houses. Rather it's about keeping debt low and savings high.

Get savvy. Take 10 minutes a week of Internet time and invest it in your financial education.

Do your Internet banking, set up a net worth spread sheet, use free online financial tracking tools available at any bank website to keep tabs on budgets and spending.

Marrying your money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Marriage has never just been about physical attraction or romantic love — the Harlequin Romance ideal notwithstanding.

Marriage, or whatever you call the (hopefully) lifetime union of two people, is a very pragmatic thing — especially financially. A financial union should create a far stronger whole than each of the individual parts.

Even so, many couples keep their financial affairs completely separate. I know those who have been together from many years and have kept their finances religiously divided to the point that they don't know what debts the other has, their income, retirement provisions or even whether or not they are current with their bills.

The main problem with this approach is that neither person can effectively plan their own future, because what one person in a permanent relationship does financially affects the other person.

If one partner, for example, is secretly paying only the minimum on his or her debt, the couple may have difficulty borrowing to consolidate other debts or getting a mortgage to buy a house.

Sad statistic

48 per cent of Canadian marriages end in divorce.

ISTOCK

▶ The couple who chooses to handle money separately may be in for some scary surprises down the road.

At extreme separate finances can lead to some very unpleasant surprises down the road. In one case I worked on, the husband, supposedly a travelling salesman, was actually a professional gambler.

Result: Divorce and personal bankruptcy for the wife. Husband — off to parts unknown.

The guy was a schmuck and even joint finances wouldn't change that, but the wife would have likely clued in a whole lot sooner.

Personally, I think at least a limited amount of co-financial management is preferable and should be centered on areas of joint concern including household spending and any loans that affect both partners.

ALWAYS REMEMBER 'YOUR MOM IS YOUR MOM'

My mother and I don't get along. I'm a mother too, and in some ways that makes me less tolerant of her behaviour, because I wouldn't treat my own child the way she treats me: she's rude, thoughtless, undependable, often in front of my daughter! On the other hand, now that I'm a mother I almost feel like our roles are reversed and no matter how badly she behaves, I have to watch out for her. I want her to have a relationship with my daughter, but not if she drains my energy, which ends up affecting my daughter negatively. So how do I maintain a relationship with her, along with my sanity?

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Andrea: Dear Mommy Not Dearest,

I'd wish you a happy belated Mother's Day, but it feels like I'd be wishing you "Happy Massive Baggage Day." The fact is that your mom is your mom. You can't return her to the manufacturer when she's defective. So you have to simply forgive and accept her. You can't expect her to be like you and consistently set yourself up for disappointment.

Don't put her in positions where she must demonstrate qualities she doesn't have to succeed. If she's undependable, don't make her the babysitter. If she's rude, don't introduce her to your boss. Instead, set yourself up for good memories.

Interact with her in situations where she's awesome.

She'll appreciate being less pressured to be something she's not, and chances are she'll go out of her way to make your day.

You'll be a great example for your daughter — seeing you develop a good relationship with mom will allow your daughter to build a great one with her, too.

Claire: You've summed up what it is to be an adult: we can see people's faults as clearly as we can see that we are powerless to change them. Sucks, doesn't it? As the saying goes, you can't change other people, you can only change yourself.

Therefore I suggest: first, be calm.

Second, explain to your mother the main things that bother you about her behaviour.

Third, prepare for her to ignore you.

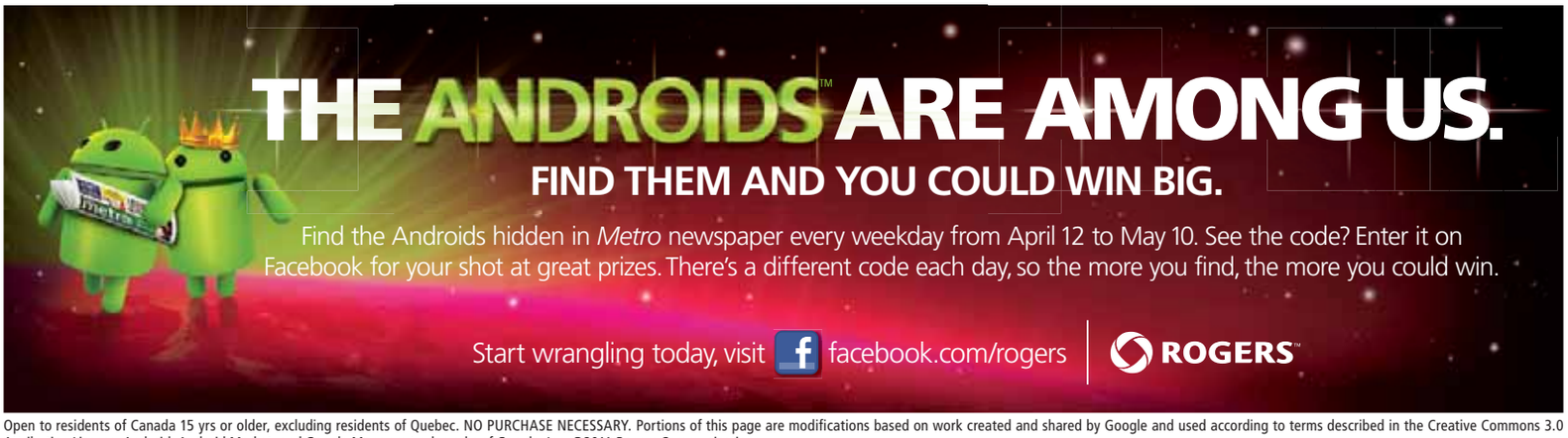
Remember that these are the issues that psychology/psychiatry are founded on, so the best option is to talk to someone and find coping mechanisms that will help you change your reaction to her, so that her presence doesn't make you spontaneously combust.

NEWS CANADA

Sometimes altering your behaviour is enough to alter the dynamic between you.

And if not, limit the duration of her visits so that you can put aside your grievances long enough to show your child what she can look forward to dealing with one day ... with you.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.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TUESDAY, MAY 10, 2011

LEARNING CURVE

ISTOCK IMAGES

Spotting the skilled and talented

Local artists, dancers, thespians, mechanics, marketers and future tour guides recognized

Spotlights David Lui

Pacific Rim Magazine, Langara's award-winning student publication, is set to launch on May 11 in The Globe and Mail. This year's issue spotlights local impresario and Order of Canada member David Y. H. Lui who is also the founder of Ballet BC and co-founder of Vancouver's Dragon Boat Festival.

In its 23rd year of publication, Pacific Rim Magazine is produced entirely by students enrolled in the Publishing and Photo-Imaging Programs at Langara College. Publishing students with photography students to plan, design and execute this professional–level publication.

On The Brink

The Henry Art Gallery at the University of Washington has announced that Andrew Dadson, an Emily Carr University of Art and Design, alum from 2003, is the recipient of The Brink Award for 2011.

The Brink is a biennial award granted to an early-career artist working in Washington, Oregon, or British Columbia whose work shows artistic promise and who appears to be on "the brink" of a promising career.

Andrew will receive a prize of $12,500 and be given a solo exhibition at the Henry. A work of his art will be acquired for the museum's permanent collection.

Raymond Burr award

Andrea Ashton, a Theatre student at Douglas College, won the Raymond Burr Performing Arts Society's second-year entrance award. Ashton, who's a Coquitlam resident, appeared as Olivia in the Douglas College production of Twelfth Night, which ran until March 19. The award is offered to students entering their second year of the college's theatre or stagecraft programs.

Skills competition

Vancouver Community College students showed what they are made of at the provincial Skills Canada competition, winning 12 medals. VCC's automotive collision repair swept the competition by winning gold, silver and bronze in both the post-secondary and secondary categories. Hair design programs fared well, with three medals.

Sandra Bailey, dean of the centre of transportation trades, said, "VCC students had an amazing competition that really showcased their talents and hard work. It is also important to acknowledge the great commitment and expertise of the faculty, staff and all the volunteers." METRO

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Ready, set, design

BC's best fashion and interior design students recognized for grace under pressure in competition

Fashion with furry

For the second year in a row, three Kwantlen Polytechnic University fashion students swept the medals at the 2011 B.C. Skills Canada Competition in Abbotsford.

Competing on the post-secondary level in the fashion technology category, Kwantlen fashion and technology student Joanne Hu (Port Coquitlam) took home the gold medal while her peers Betty Zhao (Surrey) and Courtney Billinkoff (Vancouver) won silver and bronze.

The scores of their designs were based on creativity, quality of pattern drafting and garment construction skills. The students had eight hours to complete the pattern drafts and sew fully lined garments, which included a fitted, boned bodice and skirt.

As the gold medalist in the provincial skills competition, Hu will advance to the national Skills Canada Competition, which will take place June 1-4 in Quebec City.

The Skills Canada competitions allow young Canadians, studying a skilled trade or technology, to challenge themselves to become the best in their discipline. Students compete at local, regional and provincial levels to win the right to represent their province at the national-level competition.

Best in design

An alumni from The Art Institute of Vancouver, Daniel Meloche, was named the Grand Prize Winner in BC's Best Young Designer Competition at Morgan Crossing.

Meloche graduated with an Interior Design and Foundation for Design Diploma in 2009, and entered BC's Best Young Designer Competition last year.

After being chosen as a semi-finalist, Meloche was given a $12,000 decorating budget and access to a two-bedroom suite at Morgan Crossing, a housing development in South Surrey.

Meloche stretched his budget by creating his own custom pieces, including a lamp, headboard, and rug. After he and the five other semi-finalists finished designing their spaces, a panel of professional judges viewed the decorated suites and at Morgan Crossing and selected Meloche as their favourite.

As the winner, Meloche will receive a cash prize — and the title of BC's Best Young Designer.

METRO

ISTOCK IMAGES

▶ Designing on a deadline can leave designers feeling the squeeze.

A tour in Vietnam

Four students from Capilano University's Faculty of Tourism and Outdoor Recreation have been chosen to deliver tourism education training in Vietnam. The project, supported by the Pacific Asia Tourism Association and administered by Capilano University, was created in an effort to deliver sustainable tourism training in the hill tribe villages of Ta Phin and Lao Chai in the Sa Pa region of northern Viet Nam. METRO

Silver medal

Douglas College has won a Silver Medal in a marketing awards competition for an interactive video that gives students a tour of our campuses and services. The National Council for Marketing and Public Relations awarded Ted James, Director, Student Enrolment Services & Registrar in the Online Services category for the video created by Student Services.
This year more than 80 judges from around the U.S. reviewed over 1,850 entries in the annual competition, which recognizes excellence in communications exclusively among two-year colleges. METRO

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Your guide to looking good for grad

With a little planning, fashion and function can shake hands on grad day
Consider these tips for what to wear on your big day

MARISA BARATTA
TALENTEGG.CA

The big day is finally here. Several stress-out sessions and too many exams later, you are finally graduating! Congratulations!

Having used up so much brain power on completing your studies, just the thought of figuring out what to wear to convocation can sap your remaining energy.

The key? Dress up, but be comfortable (and follow your school dress code, if there is one). Guys, you will regret not going for the tie and, girls, those super tall heels — although they make your legs look great — aren't worth the trip (the one you'll likely make across the stage).

What to wear?

Gents, it is recommended you wear a tie for your graduation portrait, and the logic remains for graduation.

Having that tie popping out of the top of your robe adds a dash of sophistication and really tops off the look.

Ladies, be mindful of the length of your dress or skirt, should you choose to wear one.

It might look a little funny to have that bit of colour peeping out the end of your robe.

Believe it or not, graduation robes are actually quite fun to wear. Trust me, you'll look good in one!

Location, location, location

If your convocation is being held outdoors, some extra considerations need to be made.

For one, those black robes can really heat up in

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▶ Rocking a cap and gown takes style, but you don't want to go over board.

a non-air-conditioned space, so try to wear something light and airy underneath.

Also, you may be crossing a lawn to get to your seat, so be mindful of just how clean and new those heels are (you may find yourself sinking into the earth now and then).

An icky question to consider: will your grad robe leak colour onto your outfit?

Depending on the robe's materials and the weather conditions during your grad ceremony, it could happen.

Just be aware of this when choosing the outfit you're going to wear underneath.

Much ado about shoes

Shoes are probably the most focused-upon aspect of graduation wear.

After all, they're the only part of your outfit that's visible beneath your gown.

For the gentlemen out there, a nice pair of black shoes should do the trick. Sorry, but running shoes or sandals definitely won't cover it!

Ladies, a fancy pair of flip flops may slide under the radar, but this is your big day, so spring for a more formal pair of shoes.

Opting out of heels is acceptable (your pretty flats will look and feel good), but if you do wear heels, breeze past that really tall, uncomfortable pair and find something you can confidently walk in. You only get a few seconds on stage and you want to make the best of them!

Hair care

Careful if you put your hair up or spring for spikes. Will the graduation cap really fit over that beautiful but thick bun? No.

And don't go all out on the hair around your scalp because no one is going to see it, and when they do, it will be after two hours of being shoved under a hat.

My fellow curly-haired maidens, you have a situation before you.

If your hair curls from the roots, your top curls may be flattened by the graduation cap, resulting in flat hair on top and a wiry, I-just-got-electrocuted look on the bottom, so whip out your high school grad cap (if you didn't throw it up at the end of the ceremony before realizing you might never find it again) and test out the look.

That's not to say you have to straighten your hair, either.

My curls form about halfway down my hair, and speaking from my own convocation experience, the cap conforms quite nicely.

Your moment to shine

The best thing you can wear on your big day is light semi-formal attire, comfortable matching shoes and a big, bright smile.

You want to look back on this day and think, I had a good time and I looked good doing it, too!

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Boost for Squamish Nation

Great news for students from Squamish Nation studying at Vancouver Community College to become estheticians or hair stylists: Squamish Nation has donated $30,000 to create an endowment to fund the Seliwilya-T (Marion Jacobs) Award.

The award is in memory of Marion Jacobs, the mother of Squamish Nation Education department head Deborah Jacobs.

It will benefit a deserving Squamish Nation student attending VCC's hair design or esthetics program.

VCC and Squamish Nation have a history of working together to help Aboriginal students achieve success.

In 2008, Squamish Nation created the Kwantenat (Chief Lois Guss) Award with a gift of $25,000, which was doubled by VCC to create an endowment valued at $50,000. This award benefits Squamish Nation students in culinary arts, baking and pastry arts, and hospitality management.

METRO

Give a hand to the award winners

Metro takes the time to shine a light on those who hit marks of excellence in their fields

UBC professor receives Top 40 Under 40 Award

Karen Bakker, an associate professor of geography and director of the Program on Water Governance at UBC, was named a winner of the 2010 Top 40 Under 40 Awards.

Four UBC alumni were also among the recipients of the award. The Top 40 Under 40 Awards recognize the achievements and leadership of young Canadians.

Established in 1995 by Doug Caldwell, the awards are given to Canadians who demonstrate vision and leadership, innovation and achievement, impact, growth and development and community work.

Bakker, an expert on water governance, founded UBC's Program on Water Governance, an interdisciplinary research centre that conducts research on water sustainability, security and management.

She is also the Canada Research Chair in Political Ecology.

The four UBC alumni are also winners of this award: Brian Coombes, Sean O'Reilly, David Vocadlo and Nolan Watson.

YWCA recognizes Simon Fraser lecturer

Malgorzata Dubiel, a senior lecturer of mathematics at Simon Fraser University and Canadian math education pioneer, has been selected as one of 59 nominees for a 2011 YWCA Women of Distinction Award.

Dubiel is cited for her 40 years of experience in working to improve math education in Canada,

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largely through extra-institutional activities such as math camps, conferences and community outreach programs promoting gender-sensitive math education, reaching out to students of all ages.

Much of her focus has been on helping elementary school teachers and children to change misconceptions about math typically formed at an early age.

Her contributions have encouraged many young women to engage with mathematics, challenge their perceptions and even consider careers in a field where women continue to be underrepresented.

The winners will be announced May 31.

Chemistry professor at Simon Fraser received recognition

Simon Fraser University chemistry professor David Vocadlo is one of Canada's Top 40 under 40, according to the Globe and Mail's Report on Business.

The Globe notes that Vocadlo, 37, didn't start out wanting to be a chemist — he was aiming to be an architect — but an article in Scientific American changed his focus.

The story was about proteins that regulate genes being turned on and off. Vocadlo's current research focuses on understanding processes that could enable new treatments for serious diseases such as Alzheimer's and bacterial infections.

Specifically, his lab is developing new chemical tools that enable researchers to study the role of specialized sugars in health and disease.

Provincial nursing association honours Vancouver Island instructor

The College of Registered Nurses of B.C. (CRNBC) recently awarded a Nursing Excellence Award to Vancouver Island University faculty member Marilyn Chapman, RN.

Year after year, Chapman provides nurses with a foundation for success and colleagues point to Marilyn's lifelong impact on their work.

Through the CRNBC Nursing Excellence Awards, registered nurses honour colleagues for outstanding contributions to the nursing profession and for demonstrating excellence in relation to the CRNBC Professional Standards for Registered Nurses and Nurse Practitioners.

METRO

A 3-peat for Douglas student

For the third year in a row, the Canadian Colleges Athletic Association (CCAA) has named Royals badminton player RuiLin Huang the Women's Badminton Player of the Year.

This season Huang, who studies Business, Accounting Major, at Douglas, has won six titles, four for women's singles and two for women's doubles. She is undefeated, with a 45-0 record.

In the three years she's been playing in the CCAA, she's had 112 wins and one loss. The Royals are in first place in the CCAA national rankings.

Capilano tops in basketball

The Capilano University Blues women's basketball team clinched the 2011 BCCAA Women's Basketball title at Columbia Bible College earlier this year.

Jessica Franz was named tournament MVP and BCCAA Player of the Year.

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It's important to stay social post-grad

Extra-curricular activities build character and enhance a resumé Search for a cause you believe in

SASHA RANA
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Faculty clubs. Athletic events. Social committees. Pub night fundraisers. Campus newspapers. There are so many possibilities for students to get involved in extra-curricular activities.

Once you walk across that stage to accept your degree or diploma, those opportunities on campus are left behind.

But these types of personal endeavours remain important — they're character builders and they enhance your resumé and show you are a well-rounded individual. Here are some great ways to get involved in your community.

- Browse charity websites that represent a cause you believe in to see what volunteer initiatives are available: World Wildlife Fund, Canadian Cancer Society, local Humane Society or other pet rescue organization.
- Pick up pamphlets that advertise major fundraising events and participate in them. Think Terry Fox Run or CIBC Run for the Cure. It's all about raising money for a great cause and getting a workout.
- Check out your local YMCA or community centre to see which intramural sports teams are accepting new members.
- Research volunteering websites to see what openings might be a suitable fit for you. Habitat.ca is one example.
- Search for volunteer opportunities on career websites (like TalentEgg.ca).

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▶ Volunteering experience can show an employer that you are a well-rounded individual.

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Tuesday, May 10 & 17, 11 a.m. – lobby, building B
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Tuesday, May 10 & 17, noon – room 526
Downtown
English as a Second Language
Wednesday, May 11, 6 p.m. – room 1227
Broadway
ESL Homefront Learning – Volunteer Tutoring
Saturday, May 14, 10 a.m. – room 3701
Broadway
Hair Design & Esthetics
Wednesday, May 18, 4:30 p.m. – room 201
Downtown
Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.
Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.
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EXECUTION

Canucks finish off Preds to avoid second-straight Game 7 Win all three games in Nashville

FREDERICK BREEDON/GETTY IMAGES

Daniel Sedin scores against Pekka Rinne of the Predators in Game 6 last night.

The Vancouver Canucks have had plenty of practice this post-season when given the chance to eliminate an opponent. They finally found a way to make it look easy.

Daniel Sedin and Mason Raymond scored first-period goals, and Roberto Luongo made 23 saves as the Canucks beat the Nashville Predators 2-1 in Game 6 to advance to the Western Conference finals last night.

"Relief," Sedin's twin brother Henrik said of his emotions. "It was one of those series where they get on a roll and they win this game, and all of a sudden there is a seventh game. That's the playoffs. There were a lot of ups and downs, so we are happy."

The Canucks, who had the NHL's best record this regular season, reached the conference finals for the first time since 1994 and will face the winner of the series between the San Jose Sharks and Detroit Red Wings. San Jose leads that series 3-2, with Game 6 tonight in Detroit.

"We have bigger things in mind," said Vancouver forward Ryan Kesler, who had two assists to add to his outstanding series against the Predators. "We're not just going to be satisfied making it to the conference finals."

Vancouver is 2-4 this year with the opportunity to advance on the line, and 6-1 in its other playoff games. The Canucks blew a 3-0 series lead against defending Stanley Cup champion Chicago in the first round before finally eliminating the Blackhawks in overtime of Game 7.

That gave the Canucks the chance to face Nashville, which reached the second round for the first time in team history.

They made themselves comfortable on Nashville's ice, winning all three games there in the series. Vancouver was just 1-2 at home.

Raymond gave Vancouver the lead 7:45 into the game and Sedin made it 2-0 just 1:43 later. Luongo did the rest for the Canucks, who were outshot 24-19. The Canucks recorded only nine total shots in the first two periods.

David Legwand's goal 3:31 into the second period cut Vancouver's lead to 2-1. The goal — Legwand's sixth of the post-season — stood up to a video review, but the Predators couldn't avoid elimination again and force a Game 7.

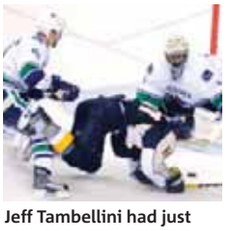
After grabbing the early lead, the Canucks put the game away with defence. Nashville had 11 shots in the first period, but only 13 over the final 40 minutes. The Predators also failed to take advantage of four first-period penalty plays.

Vancouver coach Alain Vigneault said his team's early penalty kills were huge.

"You start off and take four penalties in the first, two right off the bat," he said. "Penalty kill is having players committed and great goaltending. Luongo made a couple of huge saves right off the bat that permitted us to get a goal five-on-five and then a power-play goal."

THE ASSOCIATED PRESS

Perfect timing



Jeff Tambellini had just 4:41 of ice time in his first career NHL playoff game. He didn't score, or get an assist.

- **But he did** make a huge defensive play that helped his team protect a fragile lead and advance to the Western Conference final.
- **Tambellini stopped** a Martin Erat breakaway in the second period and the Canucks held on for a series-clinching 2-1 win over the Nashville Predators in Game 6 of the Western Conference semifinal.
- **"The panic button** set in and I just tried to get there as quickly as I could," said Tambellini.

4 sports

Quoted

"He was a force the whole series. He had one of those series that was absolutely remarkable. If he doesn't play that way we're probably going to Game 7."

NASHVILLE PREDATORS COACH BARRY TROTZ ON VANCOUVER CANUCK RYAN KESLER, WHO FINISHED WITH FIVE GOALS AND SIX ASSISTS IN THE WESTERN CONFERENCE SEMIFINAL SERIES.

Scan code for more sports

Bergenheim gives Bolts unexpected scoring jolt

Growing up in Finland, Sean Bergenheim envisioned himself someday playing in the NHL and elevating his game during the Stanley Cup playoffs.

But never in his wildest dreams did the forward imagine having the kind of impact he has during the Tampa Bay Lightning's surprising run to the Eastern Conference finals.

With seven goals in 11 games, the post-season neophyte not only leads his team in playoff goals scored, but through Sunday was also tied for the league lead with Nashville's Joel Ward and Philadelphia's James van Riemsdyk and Danny Briere.

Even more impressive, his production has come as part of the Lightning's third line — instead of one featuring any of Tampa Bay's big three of Martin St. Louis, Vincent Lecavalier and Steven Stamkos.

The 27-year-old left-winger is one of nine players on the roster who had not appeared in an NHL post-season game when Tampa Bay entered its first-round series against the Pittsburgh Penguins. Last summer, he signed a one-year, $700,000 US contract with the Lightning after spending parts of five seasons with the New York Islanders.

Bergenheim has never scored more than 15 goals in an NHL season.

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CHARLES KRUPA/THE ASSOCIATED PRESS

▶ Boston Celtics guard Ray Allen looks to pass as Mark Bibby and Chris Bosh guard him.

Miami turns up Heat in OT

After back-and-forth battle in regulation, Miami outscores Boston 12-4 in extra period ◐ James scores 35, Wade 28 as Heat take 3-1 series lead

LeBron James scored 35 points and grabbed 14 rebounds to lead Miami to a 98-90 overtime victory over the Boston Celtics last night and give the Heat a 3-1 lead in the NBA Eastern Conference semifinals.

Dwyane Wade scored 28 with nine rebounds and Chris Bosh had 20 points and 12 rebounds for Miami, which could eliminate the defending conference champions and advance to the East finals with a victory in Game 5 in Miami tomorrow night.

98	90
HEAT	CELTICS

James, Wade and Bosh scored 83 of Miami's 98 points and had 35 of its 45 rebounds.

Paul Pierce scored 27, Ray Allen had 17, and Kevin Garnett had seven points and 10 rebounds for Boston.

James made up for a turnover at the end of regulation with a fall-away jumper to start overtime and give Miami the lead for good. The Celtics scored just four points in overtime, shooting 1-for-6.

THE ASSOCIATED PRESS

LeBron sorry

LeBron James apologized for using the word "retarded" after the Heat's game last night.

▶ The Miami star muttered "that's retarded" after Game 3 as he and Dwyane Wade listened to a question about Wade's takedown of Boston guard Rajon Rondo.

Red Wings want one more trip to San Jose

The Detroit Red Wings are confident they will beat the San Jose Sharks for a third straight time and force a Game 7.

The Red Wings arrived home yesterday after avoiding elimination in San Jose, and Detroit coach Mike Babcock was asked if he hoped to get back on the team plane one more time.

"We're getting on it," Babcock said.

The Red Wings must beat the Sharks tonight in Game 6 of the Western Conference semifinal series to make a trip back to San Jose necessary Thursday.

The Sharks, of course, want to force the Red Wings to make other plans.

"You try to eliminate teams when you have a chance to," San Jose forward Joe Thornton said. "So we're going to go in there and try to eliminate them."

San Jose's chances to end Detroit's comeback will probably improve if Patrick Marleau and Thornton, its top two scorers during the regular season, lead the way.

Marleau is pointless through five games and Thornton has been held to one assist since the Sharks surged to a 3-0 series lead in the second-round rematch from last year.

THE ASSOCIATED PRESS

"I can't control what people say, or anything like that."

SAN JOSE'S PATRICK MARLEAU ON BEING CALLED "GUTLESS" BY TV ANALYST, AND FORMER TEAMMATE, JEREMY ROENICK AFTER GAME 5.

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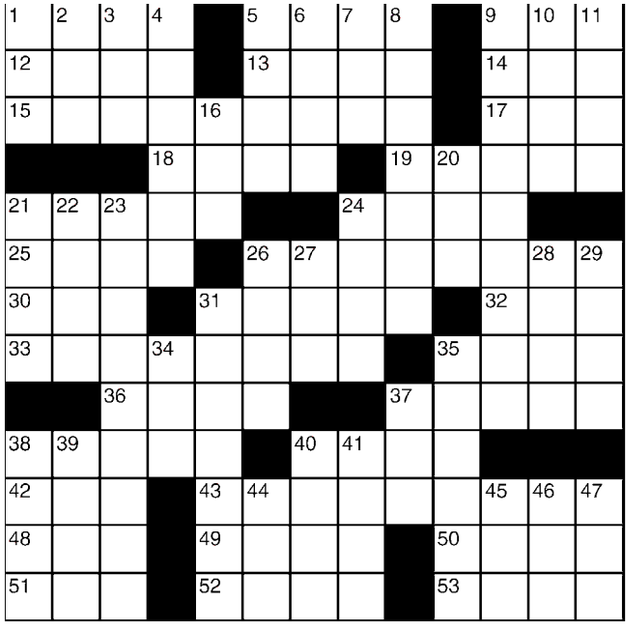
Crossword



Across

1 Musical ending
5 Grand story
9 That girl
12 German city, once a capital
13 Finding Nemo fish
14 Embrace
15 "Hurry up!"
17 Palindromic title
18 Weak, as an excuse
19 Undressed
21 Moderate yellow-brown
24 Unembellished
25 Legal wrong
26 Served
30 Hearty brew
31 Trombone section
32 — budget
33 Lounge chair part
35 Rams' fans?
36 Legendary English actor Edmund
37 Painter Max
38 Computer connector
40 Dregs
42 Past
43 Theatrical "good luck!"
48 Stitch
49 Photog's choice
50 Goodyear product
51 Barbie's companion
52 Vortex
53 Fervor

Down

1 Couric's network
2 Reaction to fireworks
3 CSI evidence
4 Short sock
5 Dutch cheese
6 Mast
7 Anger
8 Young swans
9 Ship's crew's rehearsal
10 Ginormous
11 "Zounds!"
16 Listener
20 Exist
21 Nevada neighbour
22 Double agent
23 Categorization
24 Atomizer output
26 Small songbird
27 Small batteries
28 Singles
29 Famed political cartoonist
31 Prickly shrub
34 Sandra or Ruby
35 Poor substitute
37 "A mouse!"
38 Halloween cover-up
39 Curved moulding
40 Give temporarily
41 Uncomplicated
44 Scarlet
45 Falsehood
46 Historic time
47 Solidify

▶ Yesterday's answer

M	A	I	L	■	O	B	I	■	P	E	N	D
I	G	N	I	T	I	O	N	■	A	L	O	E
L	A	N	C	E	L	O	T	■	T	A	T	A
■	■	■	H	A	Y	■	E	A	R	N	E	D
U	Z	B	E	K	■	T	R	I	O	■	■	■
M	I	E	N	■	S	A	N	D	L	O	T	■
P	T	A	■	A	P	R	E	S	■	V	A	T
■	I	N	K	B	L	O	T	■	L	U	K	E
■	■	■	A	L	I	T	■	W	O	M	E	N
R	E	G	R	E	T	■	S	A	G	■	■	■
U	V	E	A	■	P	O	L	Y	G	L	O	T
S	E	N	T	■	E	R	O	S	I	O	N	S
T	R	E	E	■	A	B	E	■	A	L	E	E

Sudoku

	7		5					
		1		8				7
		4		2	6	9	1	
		6						8
	3	7		9		2	6	
4						7		
	9	2	8	1		6		
8				4		5		
					3		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Batinski, Happy anniversary to the best batinski a belou could ever ask for! Love you lots! From **BELOUMABEAR**

Lora, Dump the bum & come with ME!!!!!!!!!! I will treat u right & rub your feet at night. Please look around & you will see From **ME**

Johnatha, Hey John, just wanted to say I miss chilling with you! We should hang out sometime eh :) From **ROBERT**

Karan, A very very HAPPY 22nd BIRTHDAY to a very special person. Wish you lots of love, luck and happiness in life for today and the many more birthdays to come. May this day be a memorable one for you. Life would not be the same without you. Love you so very much my baby. From **NS**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You know that if others would only listen to your advice everything would be fine.

♉ Taurus April 21-May 21 You can't stop people from making mistakes.

♊ Gemini May 22-June 21 Look at how fortunate you are and how many options are open to you.

♋ Cancer June 22-July 22 You can impose your will on others but you will achieve more if you meet colleagues halfway.

♌ Leo July 23-Aug.23 Compared to most people you've had it easy, so quit complaining and get down to some serious work.

♍ Virgo Aug. 24- Sept. 22 Today you could be misled by people who know how to push your emotional buttons.

♎ Libra Sept. 23-Oct. 23 Listen to and act upon what your inner voice tells you today.

♏ Scorpio Oct. 24-Nov. 22 Don't gamble with your health today.

♐ Sagittarius Nov. 23-Dec. 21 If someone tries to pressure you into making a quick decision tell them to get lost.

♑ Capricorn Dec. 22-Jan. 20 Watch out your emotions don't get the better of you today.

♒ Aquarius Jan. 21-Feb. 18 Flattery will get you a long way today.

♓ Pisces Feb. 19-March 20. Look at your fears for what they really are: phantoms of your imagination that should be ignored. ● SALLY BROMPTON

Caption contest

KYODO NEWS/THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

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